

# May 2018

## Biggs/Richvale Elementary Schools

### BREAKFAST

**Biggs Elementary School**  
**300 B Street, Biggs, CA. 95917**  
**530-868-1281**



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday



Tuesday

Wednesday

Thursday

Friday

**1**  
Breakfast Burrito, or Assorted Cereal, or Breakfast Bar  
Assorted Fresh Fruit or Choice of Milk Yogurt

**2**  
Bagel & Cream Cheese, or a Cherry or Apple Strudel or Assorted Cereal.  
Assorted Fresh Fruit  
Choice of Milk  
String Cheese

**3**  
Assorted Muffins, or Assorted Cereal, or Buttermilk Twins  
Assorted Fresh Fruit  
Choice of Milk  
Yogurt

**4**  
Pancake & Sausage On a Stick or Assorted Cereal, or w/g Donut.  
Assorted Fresh Fruit or Fruit Juice  
Choice of Milk, String Cheese

**7**  
Assorted Breakfast pastries, or Assorted Cereal, or a Cereal bar.  
Assorted Fresh Fruit  
Choice of Milk  
Yogurt

**8**  
Cinnamon Roll or Assorted Cereal, or a Breakfast Bar  
Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter  
Choice of Milk  
String Cheese

**9**  
Apple Bite Donut Holes, or a Cherry or Apple Strudel or Assorted Cereal.  
Assorted Fresh Fruit  
Choice of Milk  
Yogurt

**10**  
Banana Bread, or Assorted Cereal, or a Granola Bar.  
Assorted Fresh Fruit  
Choice of Milk  
String Cheese

**11**  
Sausage Egg & Cheese Croissant, or Assorted Cereal, or a Cereal Bar.  
Assorted Fresh Fruit  
Choice of Milk  
Yogurt

**14**  
Coffee Cake, or Assorted Cereal, or Granola Bar.  
Assorted Fresh Fruit  
Choice of Milk  
String Cheese

**15**  
Pan Dulce, or Assorted Cereal, or a Cereal Bar.  
Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter  
Choice of Milk  
Yogurt

**16**  
Benefit Breakfast Bar, or Assorted Cereal, or Buttermilk Twins,  
Assorted Fresh Fruit  
Choice of Milk  
String Cheese

**17**  
Apple Cinn or Strawberry Bear Paw or Assorted Cereal, or w/g Pop Tart.  
Assorted Fresh Fruit,  
Choice of Milk  
Yogurt

**18**  
w/g Mini French Toast or Assorted Cereal, or Granola bar  
Assorted Fresh Fruit, Fruit Juice  
Choice of Milk  
String Cheese

**21**  
Mini Waffles, or Assorted Cereal, or a Cinn Roll.  
Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter  
Choice of Milk  
Yogurt

**22**  
Honey Bun, or Assorted Cereal, or a w/g Pop Tart  
Assorted Fresh Fruit,  
Choice of Milk  
String Cheese

**23**  
Pancakes or Assorted Cereal, or a w/g Pop Tart.  
Assorted Fresh Fruit or Fruit Juice  
Choice of Milk, Yogurt

**24**  
PB&J sandwich, or Assorted Cereal, or Apple Bite Donut Holes.  
Assorted Fresh Fruit  
Choice of Milk  
String Cheese

**25**  
Breakfast Burrito, or Assorted Cereal, or PB&J Sandwich.  
Assorted Fresh Fruit or Fruit Juice, Choice of Milk  
Yogurt

NO SCHOOL

**29**  
Chocolate Crumb Cake, or Assorted Cereal, or a Granola bar.  
Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter  
Choice of Milk  
Yogurt

**30**  
Mini Cinnamon Rolls, or Assorted Cereal, or a Cereal bar.  
Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter  
Choice of Milk  
String Cheese

**31**  
Assorted Muffins, or Assorted Cereal, or w/g Pop Tart.  
Assorted Fresh Fruit  
Choice of Milk  
Yogurt

